

Gastrointestinal Specialists, LLC

Miralax / Gatorade Prep

Purchase at the Pharmacy:

Four (4) Bisacodyl tablets (comes in package of 10)

238 gram bottle of Miralax®

64 ounces of Gatorade® (no red or purple) **Zero Calorie Gatorade**

ONE DAY BEFORE THE PROCEDURE:

The entire day before the exam you may have only clear liquids, no solid foods. (see clear liquid diet list in the blue brochure).

1. At 5:00 pm take two (2) Bisacodyl tablets.
2. At 6:00 pm take two (2) Bisacodyl tablets.
3. At 7:00 pm Mix the 238 gram bottle of Miralax® in 64 ounces of Gatorade®. Shake the solution until fully dissolved. Drink one eight (8) ounce glass every 15-20 minutes until half the solution is finished.

Note: if you should feel nauseated or bloated take a break from drinking the solution until you feel better then resume drinking.

4. At 3:00 am start drinking the remainder of the solution. Drink one eight (8) ounce glass every 15-20 minutes until the solution is gone.

Be sure to continue drinking clear fluids in between taking your bowel prep.